

# Family Martial Arts Center

Student \_\_\_\_\_

Age \_\_\_\_\_ Student Number \_\_\_\_\_

**I.D. Size Photo  
REQUIRED**

Test form, fee and  
picture are due one  
week before your test.

## ADULT WHITE BELT

Number	Description of Technique	Score
1	Hand Techniques – Punch, Knife, Elbow	
2	High Block/Middle Punch – Ulgool Makki/Momtong Chiggi	
3	Outside Crescent Kick – Bakka Chuggi	
4	Inside Crescent Kick – Ahn Chuggi	
5	Front Snap Kick – Up Chuggi	
6	Tumbling – Right Side Aikido Roll – Nak Bup	
7	Falling Skills (Fall backward from seated position) – Nak Bup	
8	Jumping Skills (Jumping over partner) – Edan	
9	Self Defense 1 – Ho Shin Sul – <i>Same Side Wrist Grab</i>	
10	One Step Punch Sparring 1 – Ilbo Son Kyurugi	
11	Breaking – Kyuk Pa (Hammer Fist – Mae Chu Mok)	
12	Physical Skills – 3 Pushups, 5 Rowing Exercises	
13	Questions	
14	Discipline – Poom Hyung	
15		
16		

Please return your test form within one week.

Examiner: \_\_\_\_\_ Result: \_\_\_\_\_ Date: \_\_\_\_\_